

## Jump from Bed in Morning and Drink Hot Water

Tells why everyone should drink  
hot water each morning  
before breakfast.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days headachy, dull and unstrung; some days really incapacitated by illness.

If we all would practice inside-bathing, what a gratifying change would take place. Instead of thousands of half-sick, anaemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste which it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning, before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out of the stomach, liver, kidneys and bowels the indigestible material, waste, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Millions of people who had their turn at constipation, bilious attacks, acid stomach, nervous days and sleepless nights have become real cranks about the morning inside-bath. A quarter pound of limestone phosphate will not cost much from your druggist or at the store, but is sufficient to demonstrate to anyone, its cleansing, sweetening and freshening effect upon the system.—Adv.

Said Eve unto Adam: "It gives me a pain to see you walking the floor with a Cain."

### RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair and remove dandruff. It is excellent for falling hair and will make hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

### Ruling Idea.

Judge—Twenty-five and costs.  
Motorist—Gee, whiz! There goes a new tire!

### CLEANSE THE PORES

Of Your Skin and Make It Fresh and  
Clear by Using Cuticura. Trial Free.

When suffering from pimples, blackheads, redness or roughness, smear the skin with Cuticura Ointment. Then wash off with Cuticura Soap and hot water. These super-creamy emollients do much for the skin because they prevent pore clogging.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

### No Cause for Joy.

"I am glad we do not have bullfights and bear pits in our country."  
"Don't we have 'em in Wall street?"

### MEAT CLOGS KIDNEYS THEN YOUR BACK HURTS

Take a Glass of Salts to Flush Kidneys If Bladder Bothers You—  
Drink Lots of Water.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.—Adv.

### Blown Up.

Groans—My uncle lost his life last week in an explosion.  
Grins—So? Wife or boiler?

## Kin Hubbard Essays

### LONGEVITY

By KIN HUBBARD.

There kin no longer be any doubt that a strong an' bitter enemy exists between longevity an' a life o' excitement an' wealth an' prominence. Men an' women active in all th' affairs o' th' world are constantly bein' snatched from th' game o' life at fifty-one, while th' so-called plain, simple nobuddys o' th' world hang on an' on till they fall weak from th' infirmities o' age on th' shores o' th' great dark river.

There's so many things in th' life o' t'day that are in league with th' grim harvester that it hustles him t' git out his orders. Ever'where about us lurks some new device t' make th' designer o' floral wreaths work overtime. Th' hearse builder chuckles as he reads th' evenin' papers an' th' obituary editor sighs as he thinks o' to-morrow. We read:

"Ash Putnam, aged fifty-one, president o' th' Blue Valley Traction com-

He'll tell a consumer t' try th' bracin' air o' Jamaica an' tell a rich man t' drink a cup o' hot water ever' mornin' before breakfast. A doctor or allus wants t' keep a rich man in town. Once in a long, long time a doctor 'll admit that buttermilk is healthful. But it's our habits more'n what we eat that boosts th' tombstone industry. But somehow a doctor never wants t' meddle with our habits. Sportin' around on a simple life income 'll git anybody. Livin' fer t'day on next month's salary er strugglin' t' meet a note 'll shatter a reinforced concrete constitution. Th' pale, uneventful average person that stands on th' curb 'll live three times as long as th' fellow that runs after th' procession.

Constable Nell Plum's sister, Mrs. Pop Angel, died last week at th' age o' 109 years after drinkin' coffee an' readin' th' Philadelphia Ledger all her life.



"Yesterday Harley Mains Wuz Thrown Agin a Butternut Tree an' Killed. His Doctor Told Him t' Cut Out Meat Instead o' His Motorcycle.

pany, vice-president o' th' Silver Lake Ice an' Coal Company, treasurer o' th' Farmers' Exchange, prominent club man an' real estate dealer, o' so an' so, wuz instantly killed this mornin' when his tourin' car dashed int' a stone quarry, near Akron, Ohio. He wuz takin' a much needed rest on th' advice o' his physician an' wuz influential an' wealthy."

Ash Putnam, with all his wealth an' business activity, might have lived till he wuz fifty-two if his doctor had told him t' smoke less instead o' gittin' out in th' air.

Yesterday Harley Mains wuz thrown agin a butternut tree an' killed. His doctor had told him t' cut out meat instead o' his motorcycle.

A doctor ought t' study a feller a little before he tells him what t' stop.

Clean up t' th' last she had full possession o' her faculties, her final words bein' "I'm goin' back t' my ole brand o' coffee when I git up." She could tell without th' least apparent difficulty who ran fer president on th' Democratic ticket in 1904, an' as late as one month before her death she could call off Taft's cabinet without falterin'. One o' th' most memorable events in her life, next t' missin' a cup o' coffee in 1872, wuz her introduction t' General Marquis de Lafayette at Marietta, Ohio, in th' early thirties. Grandma Angel outlived her family doctor an' ever'buddy she owed, an' her clumsy breastpin held a daguerreotype o' her husband on whose face reposed an expression o' meek resignation.

But after all, Grandma Angel had the right idea. She did things t' live. She didn't live t' do things.

### Th' Advent o' th' Business Woman

Speakin' o' matrimonial team work an' how it has revolutionized th' business world, Miss Mame Moon o' th' O. K. Livery barn stopped curryin' this mornin' long enough t' say: "It hain't been but a few years since a wife thought she wuz gittin' off easy by attendin' t' th' thousan' an' one duties o' th' home while her husband sat in his office with his feet cocked up on his desk, or smiled an' smirked behind a counter or loafed at some trade. In th' mornin' th' husband lit a pipe or se-gar an' waved good-by t' his wife in th' garden, or at th' tub, an' started

port even one daughter without neglectin' his wife. In most families where there's an over production o' boys an' girls th' girls have good downtown positions an' bank accounts long before th' boys git out o' th' pool stage. Th' dutiful son who used t' help out at home an' slip his mothers an' sisters a little pin money Saturday night is now either married an' strugglin' or layin' in wait fer his sister t' borrow a quarter when she quits work.

"There's so many things that women are so much more capable o' doin' "



"Miss Mame Moon, o' th' O. K. Livery Barn, Stopped Curryin' This Mornin' Long Enough t' Say: 'It Hain't been but a Few Years Since a Wife Thought She Wuz Gittin' Off Easy by Attendin' t' th' Thousan' an' One Duties o' th' Home While Her Husband Sat in His Office With His Feet Cocked Up on His Desk, or Smiled an' Smirked Behind a Counter or Loafed at Some Trade.'"

ed downtown ostensibly t' work. Husband and wife made no effort at team work when it come t' supportin' a family. That wuz th' husband's inalienable right an' no wife presumed t' question it. Th' wife's duties were plain. Her work wuz before her. There wuz no shut down on account o' th' tariff. Ther wuz no dull season. She wuz regularly employed an' proud o' it.

"Aside from a woman bookkeeper in th' recorder's office an' a few milliners woman wuz unknown in th' business world. Finally economic conditions showed the husband up. He no longer had th' earnin' ability t' support his family. If his daughter graduated from school he never recovered from th' expense. If his son wuz seized with typhoid fever he went t' th' wall. Th' rigors o' poverty drove his family int' th' channels o' trade. An' then followed th' business woman. Now it is no longer considered a reflection on th' father t' see a whole family—father, mother an' th' girls—strugglin' shoulder t' shoulder t' keep a roof o'er 'em. Jest imagine a plain father o' t'day with two grown daughters earnin' enough t' keep 'em in tango pumps, t' say nothin' o' hats. Try t' imagine a common, or rough finish, father bein' able t' earn enough t' sup-

than men that it pays t' subtilt th' diehwashin' an' turn th' sensible daughter int' th' field o' business activity where she has a chance t' become self-sustainin' an' independent. An' th' better she succeeds th' longer she'll study before she entrusts her life an' happiness int' th' keepin' o' any dude who may single her out.

"It's a good rule fer any girl not t' marry anybody who doesn't earn twice as much as herself. If she kin land someone who earns four or five times as much it's all th' better. Even then she should ask fer a leave o' absence instead o' resignin' her job, fer th' matrimonial game is jest like hieronymus, faro or—well, she takes a long chance."

(Protected by Adams Newspaper Service.)

### Just Over From Cork.

"Are yez the man Oi have to see to get a job on the force?"  
"Go chase yourself!"

"Faith, Oi'll not! Oi'll chase nobody onless Oi get me name on the pay roll and a uniform."—Boston Evening Transcript.

### And Also When He Has Them.

When a man has no conscientious scruples fear of the law will help some.

### SNEEZING IS OF TWO KINDS

That From a Cold Is the Result of an  
Effort to Warm the Body,  
Doctor Says.

"There is more than one cause for sneezing, and persons may differ in their susceptibility to them," a specialist in diseases of the nose and throat says.

"A bright light will cause some persons to sneeze, the pollen of certain plants will affect others, and most people are likely to sneeze in the presence of dust. Such sneezing is due to superficial irritation.

"The sneeze caused by the effect of cold is different. It is an attempt of nature to cure you. She makes you sneeze for the same reason that she makes you shiver—to generate heat for warming the blood and preventing you from taking more cold.

"Sneezing from cold is an act of the entire body, during which every muscle gives a jump. The body is affected by a spasmodic effort to warm the entire system and throw off cold."

### Uneasy Seat.

"My," said little Alfred, as he looked up from his book, "this sailor must have been some acrobat!"

"Why, dear?" queried his mother.

"Because," replied Alfred, "it says in the book, 'Having lit his pipe he sat down on his chest.'—Youth's Companion.

### SUFFERED FOR FOUR YEARS.

Mr. J. M. Sinclair of Olivehill, Tenn., writes: "I strained my back, which weakened my kidneys and caused an awful bad backache and inflammation of the bladder. Later I became so much worse that I consulted a doctor, who said that I had Diabetes and that my heart was affected. I suffered



for four years and was in a nervous state and very much depressed. The doctor's medicine didn't help me, so I decided to try Dodds Kidney Pills, and I cannot say enough to express my relief and thankfulness, as they cured me. Diamond Dinner Pills cured me of Constipation."

Dodds Kidney Pills, 50c. per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Dodds Dyspepsia Tablets for Indigestion have been proved, 50c. per box.—Adv.

### Locked Up Potash.

About two miles northeast of Superior, Wyo., are the Leucite Hills, which are made up largely of igneous rocks in the form of volcanic necks, sheets intruded into the stratified rocks, and dikes cutting across the sedimentary strata.

Associated with these intrusive rocks are volcanic cones and lava flows. These rocks have long been objects of scientific interest because of their unusual character.

Lately they have attracted additional interest by reason of the potash-rich mineral, leucite, they contain, which may some day be utilized if a process can be found for extracting the potash cheaply.

It has been estimated that the igneous rock of the Leucite Hills contains more than 197,000,000 tons of potash.

## INDIGESTION, GAS OR SICK STOMACH

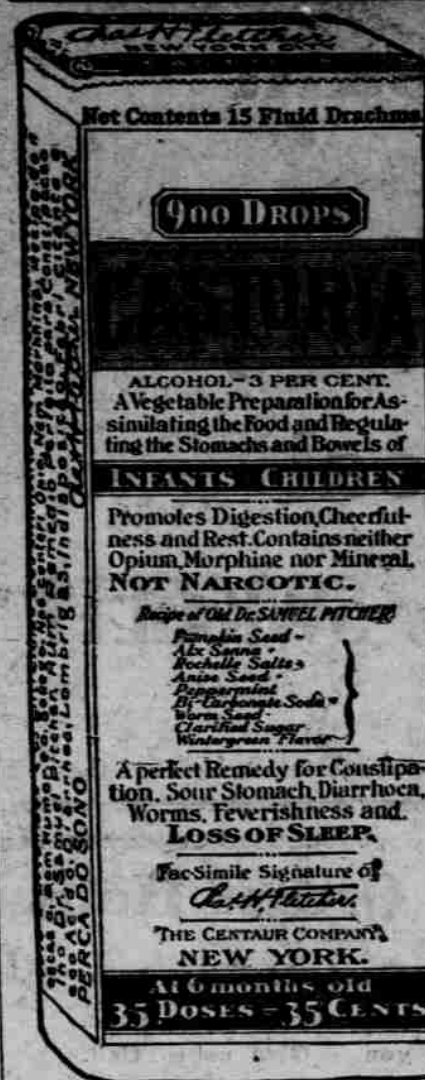
Time it! Pape's Diapepsin ends  
all Stomach misery in five  
minutes.

Do some foods you eat hit back—taste good, but work badly; ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. or Mrs. Dyspeptic, jot this down: Pape's Diapepsin digests everything, leaving nothing to sour and upset you. There never was anything so safely quick, so certainly effective. No difference how badly your stomach is disordered you will get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear.

You feel different as soon as "Pape's Diapepsin" comes in contact with the stomach—distress just vanishes—your stomach gets sweet, no gases, no belching, no eructations of undigested food.

So now, make the best investment you ever made, by getting a large fifty-cent case of Pape's Diapepsin from any store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or bad stomach. Adv.

The true secret of feminine beauty is to be born pretty.



## CASTORIA

For Infants and Children.

Mothers Know That  
Genuine Castoria

Always  
Bears the  
Signature

of  
*Dr. J. C. Hatcher*  
In  
Use  
For Over  
Thirty Years  
CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.



## Shipping Fever

Influenza, Pink Eye, Epizootic, Distemper, and all other diseases of horses, dogs, cats, and all other animals, kept from having any of these diseases with SPOHN'S DISINFECTANT COMPOUND. Three to six doses often cure a case. One 50-cent bottle guaranteed to do so. Best thing for blood mares; acts on the blood. Agents wanted. Consumers may order direct from the manufacturers. Send remittance with your order, 50 cents and \$1.00 a bottle; \$5.00 and \$10.00 the dozen, delivered.

SPOHN MEDICAL CO., Mfrs., Goshen, Ind., U. S. A.

### Its Transformation.

"This," said the messenger sadly as he looked on the broken form which had been knocked out of his hands, "was once an article on electricity."

"Well, what of it?" asked a bystander.

"And now it is a piece of current pl."

A heedless woman is fortunate in being able to talk without putting herself to the trouble of thinking.

A New Remedy for  
Kidney, Bladder and  
all Uric Acid Troubles

Dear Readers:

I appeal to those of you who are bothered with kidney and bladder trouble, that you give up the use of harsh salts or alcoholic medicines and in their place take a short treatment of "Anuric." I have taken many of Dr. Pierce's medicines for the past twenty-five years with good results. I suffered with kidney trouble for some years. I recently heard of the newest discovery of Dr. Pierce, namely, his "Anuric" Tablets. After using same I am completely cured of my kidney trouble. A doctor pronounced me a well preserved woman for my age, all due, I believe, to Dr. Pierce's aid, MRS. MELINDA E. MILLER.

If you suffer from backache, lumbar, rheumatism, get "Anuric" now.

Economies of the Rich.  
Knicker—Gasoline is going up.  
Bocker—Maybe we can run the car on champagne and drink oil.

Its Kind.  
"Is your husband's desire to be an aviator a trial to you?"  
"Oh, it is a soar affliction!"

According to French statistics, only one-fourth of the aviation accidents are due to defects in aeroplanes

## After Grip— Winter Colds— Bad Blood

You are pale, thin, weak—with little vitality. Your liver is sluggish and the bad blood causes your stomach muscles to lose their elasticity and become flabby—then indigestion.

Dr. Pierce's Golden Medical Discovery, purely vegetable and free from alcohol or narcotics, is the great and powerful blood purifier of today. Extracted from American forest herbs and roots. Contains no alcohol. Ingredients printed on wrapper.

Taken as directed it will search out impure and poisonous matter throughout the system and eliminate it.

## The Wheat Yield Tells the Story

of Western Canada's Rapid Progress

The heavy crops in Western Canada have caused new records to be made in the handling of grains by railroads. For, while the movement of these heavy shipments has been wonderfully rapid, the resources of the different roads, despite enlarged equipments and increased facilities, have been strained as never before, and previous records have thus been broken in all directions.

The largest Canadian wheat shipments through New York ever known are reported for the period up to October 15th, upwards of four, and a quarter million bushels being exported in less than six weeks, and this was but the overflow of shipments to Montreal, through which point shipments were much larger than to New York.

Yields as high as 60 bushels of wheat per acre are reported from all parts of the country; while yields of 45 bushels per acre are common. Thousands of American farmers have taken part in this wonderful production. Land prices are still low and free homestead lands are easily secured in good localities, convenient to churches, schools, markets, railways, etc.

There is no war tax on land and no conscription.

Write for illustrated pamphlet, reduced railroad rates and other information to Superintendent Immigration, Ottawa, Canada, or

G. A. COOK  
2012 Main St., Kansas City, Mo.  
Canadian Government Agent

### AN IMPORTANT MATTER

In marketing your live stock, the choice of a commission company is a matter of importance. A few cents a hundred pounds in the selling price of your stock may mark the difference between profit and actual loss. Why take chances? We offer you our services.

TROWER, CHASE & McCOUN LIVE STOCK COM. CO.  
LIVE STOCK EXCHANGE, KANSAS CITY, MO.

Reform in Tobacco, No Mysterious Compounds to Chew

## MAIL POUCH TOBACCO

is manufactured of a combination of highest grades of Connecticut, Pennsylvania and Kentucky tobaccos, and prepared by our own original and exclusive process, neutralizing the nicotine without chemicals, which guarantees to the consumer a standard of unequalled excellence, and the only anti-nervous, anti-dyspeptic tobacco in the market. Mail Pouch Tobacco is always reliable and uniform in quality, does not cause heartburn or indigestion, is free from grit, noxious flavorings, and adulterations, making

A Clean, Lasting Chew A Cool, Sweet Smoke